Revelotte of the Histopia Tribe

2023 National Police Week • Highlights

Submitted by: Danielle Bravo | Hualapai Planning Department and Hualapai Police Department



National Police Week Highlights: May 14 - May 20

This year the Hualapai Police Department held their annual National Police Week with weeklong activities within the Peach Springs community. The week started off with tribal departments participating in decorating a tree at the Route 66 Park.

Tip-A-Cop Fundraiser kicked off the events on Monday, May 15, in which law enforcement officers and department personnel volunteer their time as "Celebrity Waiters" to collect tips at a restaurant, the local Diamond Creek Restaurant, in support of the Hualapai Head Start. All donated tips received assisted with expenses towards the end of the year Disneyland trip for the students. With this event, the Hualapai Police Department proudly announced and presented the Hualapai Head Start staff during the Flag Raising Ceremony that they raised \$511 with your support.



Photo courtesy of Wanda Quasula

• Flag Raising Ceremony, Tuesday, May 16, opened with a prayer from Hualapai Police Department Chaplain, Steven DeFord at the Route 66 Park. The ceremony was emceed by



Duane Clarke with a full agenda of speakers, which included a welcome from Chief Bruce Pankow showing appreciation to the Hualapai community, the special guests, and the officers of the agency.

Raising of Flag from Sergeant Thompson and Officer Shaw, National Anthem from the children of Hualapai Baptist Home School Coop., 21 Gun Salute completed by the following officers: Gunn, Banda, Wood, Gunnoe and Roberts followed by TAPS.

Opening remarks were made by Hualapai Tribe Chairwoman, Sherry J. Parker. Following were names of "Fallen Officers of Indian Country" read by Wanda Quasula and Officer Ehlert, with a total of five names that were announced followed with a release of balloons by the Hualapai Head Start students.



Special points of interest:

- HTUA Board Meeting at 9:30AM on Thursday, June 22nd at the Hualapai, Health, Education & Wellness Department
- CFCC Vacation Bible School (pg. 6)
- NABI Try-outs (pg. 7)
- Soil & Water Conservation Meeting (pg. 9)
- The Miner: Special Publication "Kingman Heroes" (10)
- Listen to Win: Father's Day Raffle (pg. 12)
- PSUSD End of Year Update (pg. 21)
- Nya Dala Day 5K/1 Mile Walk (pg. 27)
- Mobile Vet Center in Peach Springs (pg. 28)



Attention Community:

Please note that the Tribal Department(s) will be closed on Monday, June 19th in observance of the Juneteenth Holiday.

Inside this issue:	364
General Info & Events	2
Employment	15
Education & Training	16
Health & Safety	24
Community Messages	33

Page 2 GAMYU



Guest speakers

Officer Ted Shaw, describing his experience as Former Chief of White Mountain Police Department; the responsibilities while wearing the badge and policing in Indian Country; the pride of the profession, and the honor of serving communities and the people.

Kamellia Kellywood, wife of fallen officer David Kellywood (White Mountain Apache Police Department), present with her loved ones, shared her experience with the audience on the lifestyle of a police family, the tragic night she received news of her husband and how she managed to overcome the challenges of grief and acceptance.

Chief Francis Bradley, Sr., Ft. McDowell Police Department, former Chief of the Hualapai Police Department (2002-2018), expressed his joy in seeing the community in attendance at the ceremony. He described his time and accomplishments during his career and his passion for the career as a Law Enforcement Officer and leader for almost 40 years. He provided insight into the grounding of law enforcement within the communities, and spoke on how law enforcement is a key stakeholder in the growth and development of communities.

In recognition of Officer Timothy Wright, there was a plaque presentation to Frelyn Wright, wife, who unfortunately was unable to attend the ceremony. Wanda Quasula and Chief Pankow, provided their share of memories and their loss of losing a fellow officer. This included a presentation of memory from Kayla Crowe of Peach Springs Elementary School and a couple of her students, expressing their gratitude to Officer Wright and his dedicated involvement with the students.

The ceremony ended with closing remarks from Chief Pankow and a prayer given by Officer Wood.

Police Vehicle Decoration, Wednesday, May 17, the fun was just getting started with the three units that participated in the contest event. Elementary school students voting during their field day event, with a special appearance from Chase (Hualapai Animal Control). One unit was painted with hands from students of the Hualapai Head Start, second unit was decorated as "Chase" from Paw Patrol and the third unit was decorated from drawings and letters of appreciation from students of Peach Springs Elementary. An additional unit was brought down where students had the fun opportunity to get creative and paint their hearts out.





- ♦ Open House, Thursday, May 18, this event was filled with snow cones, popcorn, donuts and cookies were all provided by the Hualapai Police Department staff. Raffles were held during the event with a static display of police vehicles and equipment.
- ♦ Support Walk (Wear Blue), Friday, May 19, the walk supporting your local law enforcement held at Rodeo Circle provided three information booths, which included participants to be entered into a raffle. Thank you for your support to the Hualapai Police Department.

Furthermore, the Hualapai Police Department would like to express their heartfelt gratitude to the people of the Huala-

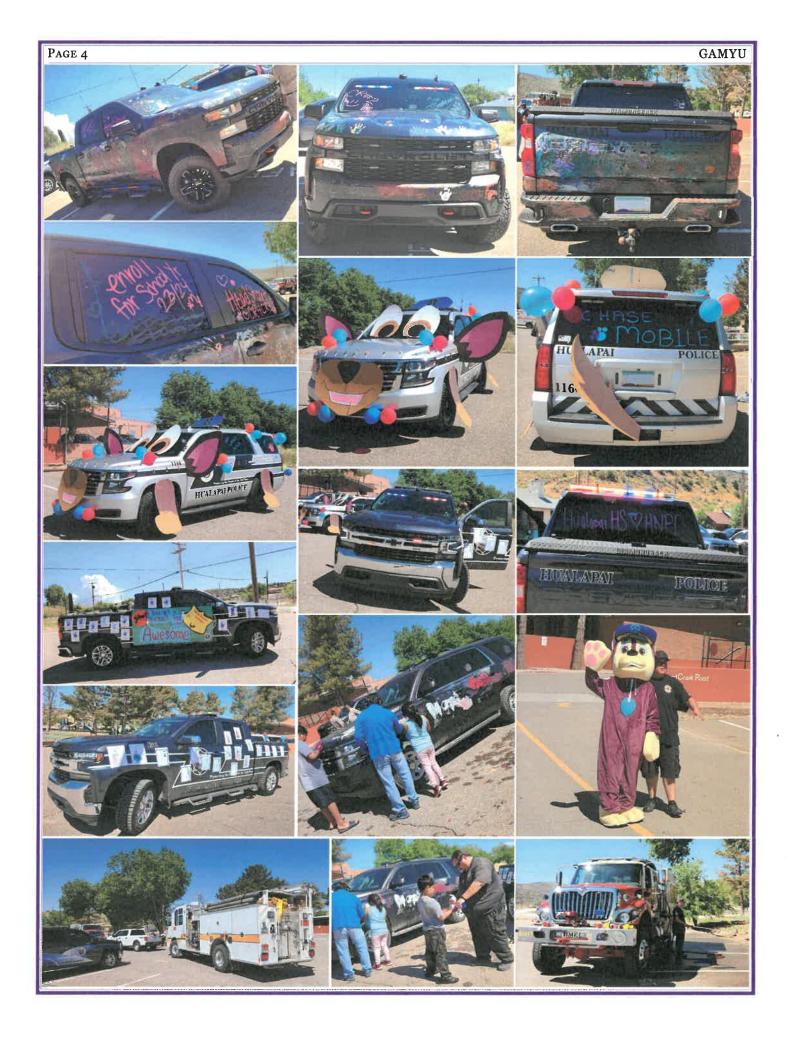
Issue #12 Page 3

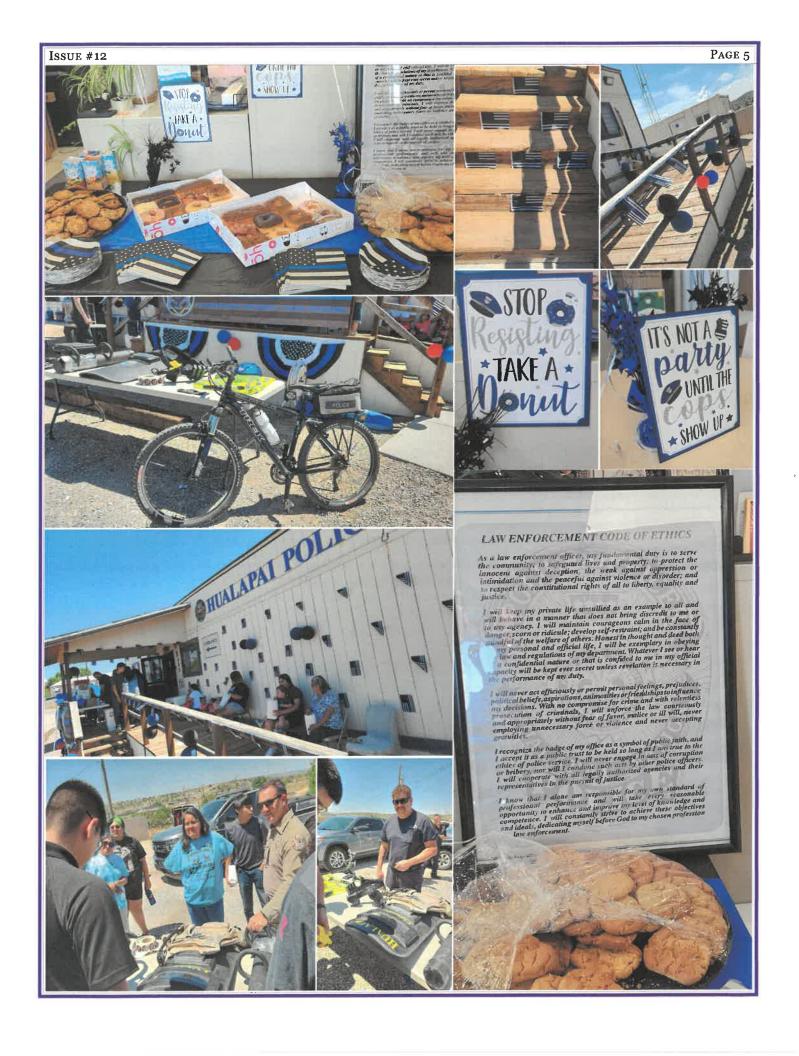
pai Tribe, and special guests that attended the weekly events to show their appreciation and support for Public Safety.

- Hualapai Tribal Council for their support and insight
- ♦ HJDRC / Patrick Gonzalez for his timeless assistance in preparing meals, snacks, and other surprises for the events.
- ♦ HADC for their full support and assistance throughout the events.
- Hualapai Animal Control for their thoughtfulness and insight in developing these weekly events (special kudo's to Valen
 Quasula for his "muscle" in cleaning and setting up throughout the week)
- Hualapai Police Chaplain Steve DeFord & his family for their relentless assistance throughout the week. The individual
 officer gifts were awesome and shows the people care.
- ♦ Hualapai Social Services / Director Tammy Demke for the countless hours she spent in helping with the preparation and gifting for these weekly events.
- Danielle Bravo for the painstaking time she took in developing our banners & flyers.
- Casey at KWLP for the "airtime" and notification throughout the weekly events.
- ♦ And especially the Officers & Staff of the Hualapai Police Department for their compassion and professionalism to the People of the Tall Pines.

Without these gracious hero's, our Law Enforcement Week would not have been successful.



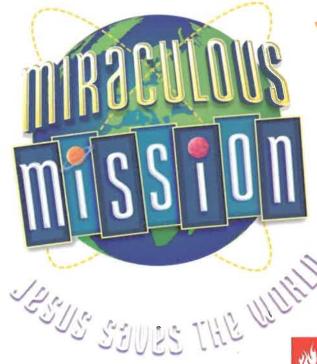




PAGE 6

Vacation Bible School • Monday, June 12th - 15th

Submitted by: Pete Imus | Consuming Fire Christian Church



Ice Cream Social

Vacation Bible School June 12-15, 2023

1:00PM - 3:00PM Age: 4-12

Lunch served at 12:15PM come first served.



CONSUMING FIRE CHRISTIAN CHURCH 255 Honaga Hill, Rd. Peach Springs, AZ



For more information contact Consuming Fire Christian Church on Facebook.

LGBTQ Meeting • Tuesday, June 13th
Submitted by: Adeline Crozier | Hualapai Tribal Administration

Next Meeting! 6/13/23

Meeting will begin @ 1PM

Location: **Heating House**



OPEN to ALL FRIENDS, FAMILY & ALLIES!



Issue #12 Page 7

Boys and Girls NABI Basketball Try-Outs • Tuesday, June 13th (Boys) & Wednesday, June 14th (Girls)

Submitted by: Adeline Crozier | Hualapai Tribal Administration



Gamyu Newsletter: Deadline & Publication Dates

Gamyu newsletter articles are due every other FRIDAY (the week before tribal pay week) by 5:00 p.m. If deadline falls on a holiday or Administrative Leave, articles will be accepted the following Monday by 12:00 Noon (unless specified). Please remember to attach an Information Sheet with your hand delivered articles. For your convenience, article submissions are accepted via email, please send to: Danielle.Bravo@hualapai-nsn.gov. Absolutely, no ANONYMOUS submissions will be accepted.

Current and archived newsletters are available on the tribal website under "Community" at:

www.hualapai-nsn.gov.

Article Deadlines:

Friday, June 16th Friday, June 30th

Publication Dates:

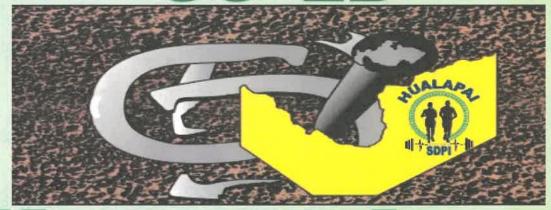
Friday, June 23th Friday, July 7th



Co-Ed Horseshoe Tournament • Wednesday, June 14th

Submitted by: Athena Crozier | Hualapai SDPI

CO-ED



HOISESHOE

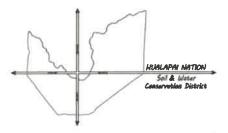
WED. JUNE 14, 2023
FIRST GAMES START AT 530PM

LOCATION: DOWNTOWN PEACH SPRINGS PITS BY BASEBALL FIELD

- * \$20 PER TEAM- AGES 16 & UP
- * DOUBLE ELIMINATION- GAMES TO 21
 - * 1ST PLACE WINNERS
- * SIGN UP BY 4:00PM 6/14/23 @FITNESS CENTER OR CALL 769-2644

Water With PosterMy Wall com-

Regular Meeting of the Hualapai Nation Soil & Water Conservation District • Thursday, June 15th
Submitted by: Adeline Crozier | Hualapai Tribal Administration



A REGULAR MEETING OF THE HUALAPAI NATION SOIL & WATER CONSERVATION DISTRICT WILL BE HELD ON THURSDAY, JUNE 15, 2023, 10:00 A.M. AT THE HDNR AGRICULTURE FACILTY, PEACH SPRINGS, AZ

IF YOU WOULD LIKE TO ADD AN ITEM TO THE AGENDA, PLEASE CONTACT: TERESA HONGA, teresahonga@arizona.edu
Please send agenda items and any accompanying documents no later than Monday, June 12, 2023

MEETINGS ARE OPEN TO THE PUBLIC

HNSWCD BOARD MEMBERS:

Everett Manakaja, Jr., President

Raelene Havatone, Vice President

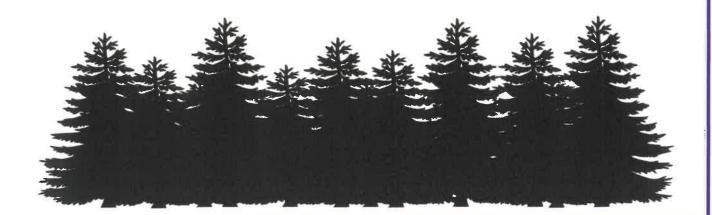
Philip Bravo, Jr., Member

Oncho Munoz, Member

Heather Nieto, Member

Angeline Walema, Member

Teresa Honga, Secretary



The Miner's Special Publication: Kingman Heroes • Deadline Thursday, June 15th
Submitted by: Leticia Joe Grand Canyon Resort Corporation

KINGMAN — HEROES —

A SPECIAL PUBLICATION IN HONOR OF OUR LOCAL MILITARY HEROES

FULL PAGE.. \$299

FULL COLOR INCLUDED

DEADLINE: JUNE 15TH PUBLISHING: JULY 2ND



Kingman Heroes

Publishes in The Miner July 2, 2023

Entry deadline June 15,2023 (photos and entry sheets can be dropped off to The Miner or emailed to imccorkle@kdminer.com)

Name:		Rank:	
Branch of Military:	Years enlisted:		
Current Age:	DOB:	DOD:	
(Not for public use)			
Phone No:			
Email:			
Why did you enlist?			

Where did you serve?

Page 12 GAMYU

KWLP Father's Day 2023 - Listen to Win Raffle • Winner Drawn on Friday, June 16th
Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach

KWLP Father's Day 2023 Listen to Win Raffle!

Tune in to 100.9 FM and kwlpradio.com for chances to enter!

June 2 to 16, 2023

Especially if you can see the Dad in your life enjoying this Ashley Furniture Zero Wall Recliner valued at \$499.99!

Sponsored by:

Mattress Land & Furniture

Stop by the Kingman location at 4290 to check it out and see all the great inventory in stock!

Winner will be drawn Friday, June 16, 2023 during The Morning Blend!

Issue #12 Page 13

2023 Performer Group Leader Meetings • Next Meeting: Tuesday, June 20th Submitted by: Lana Keller-Robinett | Grand Canyon Resort Corporation

2023 PERFORMER GROUP LEADER MEETINGS

All Meetings at Hualapai Lodge, Upstairs Conference Room

Tue. 03/21 @ 8:30 a.m.
Tue. 04/18 @ 8:30 a.m.
Tue. 05/23 @ 8:30 a.m.
Tue. 06/20 @ 8:30 a.m.
Tue. 07/18 @ 8:30 a.m.
Tue. 10/24 @ 8:30 a.m.
Tue. 11/21 @ 8:30 a.m.
Tue. 12/19 @ 8:30 a.m.

Announcements will be made on KWLP & in Gamyu. Subject to change and you will be notified ASAP.

Hualapai Pride Presents Drag Show • Friday, June 30th Submitted by: Vonda Beecher | Hualapai Health, Education & Wellness



City of Kingman's Beat the Heat: 3 on 3 Basketball Tournament • July 21st - 23rd Submitted by: Jim Hipes | City of Kingman Parks & Recreation Department

> City of Kingman **Parks & Recreation Department**



BASKETBALL TOURNAMENT



Mens & Womens Divisions July 21-23, 2023 ****3-Point Shoot Out**** ****Dunk Contest****



Cost:

\$300 Per Team (pre-registration required)

\$20 3-Point Shoot Out fee per participant

\$20 Dunk Contest fee per participant

Payouts Awarded:

1st place: \$2000 per team



2nd place: \$1000

******-point shoot out: 50% of entry fees

wunk Contest: 50% of entry fees

\$100 Non-Reundable deposit required per team for the 3on3 tournament. Balance due by 7/7/23

Team Entries: Min 24/Max 36 teams per division (5 person max per team)

3-Point Shoot Out: Min 12/Max 24 participants (cash only - register at event)

Dunk Contest: Min 12/Max 24 participants (cash only - register at event, no hanging on the rims)

Ages: 18 and up (ID Required - no ID, no play)

Disclosure: If minimum amount of entries are not met, we reserve the right to cancel this event and teams will be fully refunded or payout amounts will be reduced if event is played with less teams. All payouts will be paid in the form of a check and a 1099 IRS Form must be completed by winning players. Tournament rules will be emailed 1-week prior to tournament.

For more information, please contact Jim Hipes at 928-757-7919 or email: jhipes@cityofkingman.gov or register online at: rec1.cityofkingman.gov

EMPLOYMENT OPPORTUNITIES

Grand Canyon Resort Corporation • Current Job Postings
Submitted by: Gina Hernandez | Grand Canyon Resort Corporation

Revised 6/6/2023

** For Quick Apply Visit Grandcanyonwest.com **

	T			Grand Canyon Resort Corporation	10.40		Tar in
Administration	# of Positions		Shift	Airport	# of Positions	Pay Rate	Shift
uman Resources Director	1	D.O.E.	Varies	Airport Manager	1	D.O.E/FT	Varies
hief Of Executive Officer (CEO)	1	D.O.E.	Varies	Airport EMS/Firefighter	2	D.O.E/FT	Varies
hiel Operations Officer (COO)	1	D.O.E/FT	Mon-Fri	Airport Supervisor	1	D.O.E/FT	Varies
hief Financial Officer (CFO)	1	D.O.E	Varies	Transportation	# of Positions	Pay Rate	Shift
Procurement	# of Positions	Pay Rate	Shift	Technician Apprentice	1	D.O.E/FT	Varies
ventory Specialist	1	D.O.E/FT	Varies	Transit Mechanic	1	D.O.E/FT	Varies
Accounting	# of Positions	Pay Rate	Shift	Security	# of Positions	Pay Rate	Shift
taff Accountant	1	D.O.E/FT	Mon- Fri	OIC/ Lead	1	D.O.E/FT	Varies
Human Resources	# of Positions	Pay Rate	Shift	Security Guard	3	D.O.E/FT	Varies
r. Human Resource Specialist-Recruiting	1	D.O.E/FT	Mon-Fri	Security Guard	2	D.O.E/PT	Varies
. HR Specialist-Training & Development	1	D.O.E/FT	Varies	Gift Shop/Tour Counter	# of Positions	Pay Rate	Shift
Marketing	# of Positions	Pay Rate	Shift	Cashier	3	D.O.E/PT	Varies
ales & Marketing Manager	1	D.O.E/FT	Varies	Cashier	2	D.O.E/FT	Varies
gital Market Manager	1	D.O.E/FT	Varies	Cash Room Clerk	1	D.O.E/FT	Varies
Call Center	# of Docitions		Shift	Pontoon	# of Positions	-	Shift
	# of Positions	Pay Rate D.O.E/FT			4 OF POSITIONS	D.O.E/FT	Varies
upervisor	1		Varies	Ops Manager	1		
Hualapai Lodge	# of Positions	-	Shift	Small Engine Mechanic	1	D.O.E/FT	Varies
otel Operations Manager	1	D.O.E/FT	Varies	Guide/Utility	2	D.O.E/Seasonal	
ght Auditor	1	D.O.E/PT	Varies	Skywalk	# of Positions	Pay Rate	Shift
aundry Attendant	1	D.O.E/Seasonal	Varies	Utility	4	D.O.E/PT	Varies
oom Attendant	2	D.O.E/Seasonal	Varies	Photo Guide	2	D.O.E/FT	Varies
ront Desk Agent	1	D.O.E/Seasonal	Varies	Photo Guide Lead	1	D.O.E/FT	Varies
ront Desk Agent	1	D.O.E/PT	Varies	Ambassadors	# of Positions	Pay Rate	Shift
laintenance Tech	1	D.O.E/PT	Sat-Mon	Operations Manager	1	D.O.E/FT	Varies
Diamond Creek Restaurant	# of Positions	Pay Rate	Shift	Greeter	3	D.O.E/FT	Varies
ook	1	D.O.E/PT	Varies	Hualapai Point	# of Positions	Pay Rate	Shift
estaurant Manager	1	D.O.E/FT	Varies	Cash Room Clerk	1	D.O.E/PT	Varies
ront Of House	1			Housekeeping	1	D.O.E/Seasonal	Varies
ront Of House Supervisor	4	D.O.E/FT	Varies	Concierge	1	D.O.E/FT	Varies
	4	D.O.E/PT	Varies	F&B/Sky View Restaurant	# of Positions	Pay Rate	Shift
ishwasher	4				# OI POSICIONS		Varies
OH Team Member	1		Varies	Hostess	1		
Walapai Market	# of Positions		Shift	Cashier	2	D.O.E/PT	Varies
perations Manager	1	D.O.E/FT	Varies	Cashier	2	D.O.E/FT	Sat-Tues
upervisor	1	D.O.E/FT	Varies	Food Handler/Cook	3	D.O.E/FT	Varies
ead	1	D.O.E/FT	Thurs-Sun	Supervisor	1.	D.O.E/FT	Varies
Hualapai River Runners	# of Positions	Pay Rate	Shift	Janitorial	# of Positions	Pay Rate	Shift
aintenance Supervisor	1	D.O.E/FT	Varies	Operations Manager	1	D.O.E/FT	Wed-Sat
aintenance Mechanic	2	D.O.E/FT	Varies	Janitor	1	D.O.E/FT	Varies
mail Engines Supervisor	1.	D.O.E/FT	Varies	Zipline	# of Positions	Pay Rate	Shift
mail Engines Mechanic	1	D.O.E/FT	Varies	Supervisor	1	**	TBD
assenger CDL Driver	1	D.O.E/Seasonal		Guide	1	D.O.E/FT	Varies
ver Running Guide	4			Maintenance	# of Positions	Pay Rate	Shift
	ONLY UNTIL 6/			Operations Manager	1	D.O.E/FT	Varies
	1		Varies		1		Varies
ecurity Supervisor- Security	4			Maintenance Tech	1	D.O.E/PT	
ecurity Guard- Security	1		Varies	Waterline Tech	1	D.O.E/FT	Varies
anitor - Janitorial	1		Thurs-Sat	Carpenter	1	D.O.E/FT	Varies
quipment Driver- Hualapai River Runners	2	D.O.E/Seasonal	vanes	Plumber		D.O.E/FT	Varies
iver Running Guide- Hualapai River Runners		D.O.E/Seasonal	Varies	Electrician	1	D.O.E/FT	Varies

PAGE 16 GAMYU

EDUCATION & TRAINING

Class of 2023 Graduation Dinner • Friday, June 16th
Submitted by: Adeline Crozier | Hualapai Tribal Administration



CLASS OF 2023 GRADUATION DINNER

FOR ALL GRADUATES

College
Vocational School
High School
General Equivalency Diploma
Junior High School

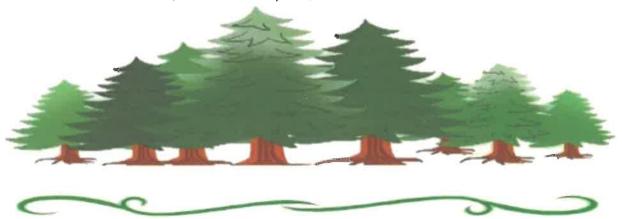
FRIDAY, JUNE 16, 2023 4PM MULTI-PURPOSE BUILDING

As a graduate you are invited to bring Two (2) guests. Please RSVP by June 9, 2023. Hualapai Education Department (928)769-2200

All tribally enrolled Hualapai graduates please submit a copy of your diploma and tribal ID to be eligible for the stipend.

Hualapai Early Childhood Home Visitation Program • About Us

Submitted by: Cassandra Moore Hualapai Health, Education & Wellness



Hualapai Early Childhood Home Visitation Program



Our Program Offers:

- IN OFFICE/IN HOME VISITS
- FAMILY PLANS
- PARENT-CHILD ACTIVITES
- . BOOK SHARING
- . FAMILY EVENTS

About us:

We are passionate about seeing children grow into the future they were made for.

Did you know that the first 5 years of a child's life is fundamentally important? As parents and guardians, knowing the different milestones in your child's development can give your child the tools to build a strong and healthy future. The FTF program helps in the growth of your child's development and makes it easy on you! Our program is designed to tailor the visits for a perfect fit for your family! We offer valuable information to help in the development of your child. FTF is dedicated to help your child grow and form a healthy, happy future!



Please call 928 769 2207 and ask for Yanely or Cassi



Hualapai Early Childhood Home Visitation Program • Enrollment

Submitted by: Cassandra Moore | Hualapai Health, Education & Wellness

Hualapai Early Childhood Home Visitation





Learn & Play

Have you had questions about the program like: What do they do? Are they telling me how to parent? Do they need to come to my home? My child is in Head Start, how will this program help their learning?

Starting June we will be hosting a table every other Friday at the Health Department. Our staff will share what to expect and have fun hands on activities you may see during visits.



June 16th 11:00 - 1:00 PM June 30th 11:00 - 1:00 PM July 14th 11:00 - 1:00 PM

July 28th 11:00 - 1:00 PM

Light snacks provided



New enrollments will receive an incentive after first visit.

Contact one of our team members at 928-769-2207

FIRST THINGS FIRST



Hualapai Head Start • Now Recruiting (Ages 3-5)

Submitted by: Danielle Bravo | Hualapai Planning Department













Hualapai Head Start

Now Recruiting Children

Ages: 3 years old - 5 years old



Children Services

Vision Screenings
Hearing Screenings
Dental Screenings
Nutritious Food
Nutrition Screening
Engaging Schedule
Structured Schedule
Field Trips
Independence

Parent Services

Parent Activities
IEP Services
Parent Education
Community Resources
Various Assistance
Fatherhood Activities



Call the Hualapai Head Start to enroll your child today

(928)769-2522









Peach Springs Elementary • Summer School Program

Submitted by: Lisa Norton | Peach Springs Elementary School



Breakfast served at 7:30 Summer Program from 8:00am-Noon

Week 1: Tues, May 30 - Thurs, June 1 Week 2: Mon, June 5 - Thurs, June 8

Week 3: Mon, June 12 - Thurs, June 15

Week 4: Tues, June 20 - Thurs, June 22

All students in Kindergarten to Grade 6 are welcome.

Peach Springs Elementary • Summer School Bus Schedule

Submitted by: Lisa Norton | Peach Springs Elementary School

Peach Springs Unified School District #8

Peach Springs Elementary School SUMMER SCHOOL 2023

KG - 6th grade BUS SCHEDULE

MORNING PICK - UP

AFTERNOON PICK - UP

6:45 AM	Bridge Canyon & Route 66
6:55 AM	Music Mountain & Buck 'n Doe Rd.
7:00 AM	East Box Canyon Rd. & Buck 'n Doe Rd.
7:03 AM	Milkweed Springs & Buck and Doe Rd.
7:10 AM	Diamond Creek Circle
7:15 AM	Nelson Rd
7:18 AM	Housing Department
7:20 AM	Highview & Blue Mountain
7:22 AM	Blue Mountain & Tall Pine
7:24 AM	Eagle St. & Tall Pine
7:26 AM	Canyon View Dr. & Diamond Creek Rd.
7:28 AM	Hualapai Dr. & Indian Way

7:30 AM Arrive at Peach Springs Elementary

12:10 PM Leave Peach Springs Elementary School
12:13 PM Boys & Girls Club
12:15 PM Canyon View Dr. & Diamond Creek Rd.
12:17 PM Housing Department
12:19 PM Highview & Blue Mountain
12:21 PM Blue Mountain & Tall Pine
12:23 PM Eagle St. & Tall Pine
12:26 PM Nelson Rd
12:29 PM Diamond Creek Circle
12:35 PM Milkweed Springs & Buck 'n Doe Rd.
12:38 PM East Box Canyon Rd. & Buck 'n Doe Rd.
12:40 PM Buck 'n Doe Rd. & Music Mountain Rd.

12:50 PM Bridge Canyon & Route 66

Peach Springs Elementary • End of Year Updates Submitted by: Lisa Norton | Peach Springs Elementary School

PSUSD8 End of Year Updates

Career Opportunities:

- Food Service Manager (starting 7/1/2023)
- Substitute Custodian (part-time)
- Special Education Teacher (Life Skills)
- High School / Jr. High Science Teacher

To apply online, please go to PSUSD8.org or email Ms. Gloria Herrera, our Business Manager at herrerag@psusd8.org for further information.

Peach Springs Elementary Summer School:

- Summer School is open to all students KG-6th grade.
- Transportation is provided, please see attached schedule.
- Breakfast served at 7:30am
- School starts at 8:00am-Ends at 12:00pm

Week 1: Tues, May 30 - Thurs, June 1

Week 2: Mon, June 5 - Thurs, June 8

Week 3: Mon, June 12 - Thurs, June 15

Week 4: Tues, June 20 - Thurs, June 22

8th Grade Promotion:

We had nineteen eighth grade students promoted to the ninth grade and walked the stage of Music Mountain High School on Monday, May 22nd. The gymnasium was filled with family, friends, staff and the community to support them. We are proud of their accomplishments and look forward to the upcoming school year.



PAGE 22 GAMYU

12th Grade / Senior Graduation:

Ten Blue Diplomas were earned by our graduates this year. Through their hard work and commitment to finishing, this part of their journey has concluded and they now embark on their next chapter of their lives. The gymnasium was packed on Monday evening, May 22nd with their family, friends, staff and community members. We were honored to have Chairwoman Parker address the graduates, along with Ms. Bonita Imus and Jorigene Paya provided the opening and closing traditional Hualapai prayers. Many hands went into putting all of this together, including our staff, and parent volunteers to make this a very special night to remember.

We would like to say a special shout out to:

- KWLP "the Peach" Radio Station for providing sound system and great music;
- Grand Canyon Resort Corporation for filming both events and taking photos of the entire ceremony, printing copies on site for the students;
- "Celebration Recovery" for their generous donation of gift cards to the graduates;
- Ron Quasula and Family for providing traditional bird singing during the ceremony;
- Hualapai Tribe / Public works for providing chairs/ tables / assistance with the set-up / break down of the room; and most importantly,
- The Hualapai community for supporting the students and staff of the promotees, the graduates, and all of the students of Peach Springs Unified School District.



Upcoming Board Meeting Schedule:

Our next meetings will be as follows:

Tuesday, June 20, 2023 @2pm - Proposed Budget Meeting FY2024

Tuesday, June 20, 2023 @3pm - Regular Governing Board Meeting (will follow the 2pm meeting)

Tuesday, July 11, 2023 @2pm - Adopted Budget Meeting FY2024

Tuesday, August 1, 2023 @2pm - Regular Governing Board Meeting

Enrollment - School Year 2023-2024

We are accepting applications, and enrolling all grades, KG-12th grades for the upcoming school year. Please stop by the office at either the Elementary School or Music Mountain High School, Monday-Thursday, 8am-4pm to pick up your application for your student(s) <u>ENROLL NOW!</u>

For questions, please call 928-769-2202.



COMING SOON!! Sports schedules are forming now!

We are now in the process of finalizing our sports schedules for this upcoming school year. In addition, we are now a part of the "AIA" Arizona Interscholastic Athletic Association, effective July 1, 2023.

Music Mountain High School will be offering (initially- MORE TO BE ADDED)

- Basketball
- Volleyball
- Track

We will be playing in the 1A division of the AIA, against local teams, traveling on the bus to out-of-town games, hosting games in our own gymnasium. This is very exciting!

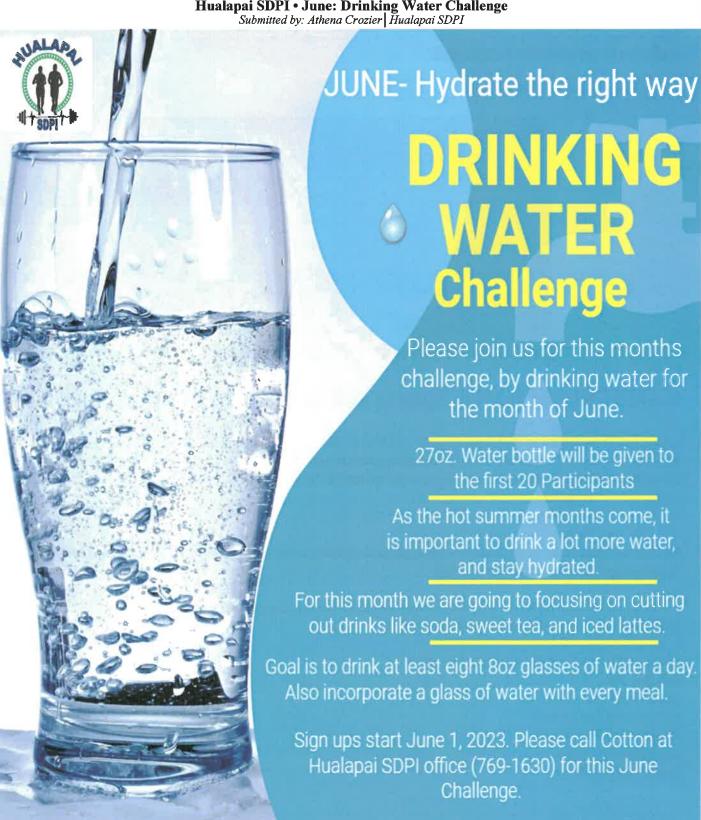
Practices will start in early July, 2023, teams forming and games starting in August 2023. PLEASE STAY TUNED FOR FURTHER UPDATES!

PEACH SPRINGS UNIFIED SCHOOL DISTRICT

P.O. Box 360
Peach Springs, AZ 86434
928-769-2202 Elementary
928-455-5003 High School
peachinfo@psusd8.org
https://www.psusd8.org/

HEALTH & SAFETY INFORMATION

Hualapai SDPI • June: Drinking Water Challenge



Hualapai SDPI Fitness Center • June Schedule

Submitted by: Athena Crozier | Hualapai SDPI

HUALAPAI SDPI FITNESS CENTE **JUNE 2023** 950 RODEO CIRCLE 928 769-2644 5:30 AM MONDAY OPEN 12-1P **CIRCUIT WORKOUTS** 700 PM CLOSE 530 AM **OPEN** TUESDAY **CIRCUIT WORKOUTS** 12-1P **CARDIO KICKBOXING** 5P-7P STEP CLASS @ MULTI 530-630 700 PM CLOSE 530 AM OPEN WEDNESDAY CIRCUIT WORKOUTS 12-1P CARDIO KICKBOXING 5P-7P 700 PM CLOSE 530 AM OPEN THURSDAY 12-1 PM CIRCUIT WORKOUTS 5P-7P CARDIO KICKBOXING 700 PM CLOSE 530 AM OPEN FRIDAY 12-1 CIRCUIT WORKOUTS 300 PM **CLOSE (WE MAY CLOSE AT 130PM SOMETIMES) OPEN GYM ON 6/17 8 6/24 7AM-11AM** SATURDAY

JUNE EVENTS

1ST-30TH WATER CHALLENGE- SEE COTTON AT UPTOWN OFFICE BY RADIO STATION FOR INFO EVERY TUESDAYS AND THURSDAY—WALK AT 12NOON- STARTS AT MULTI

3RD—FUN WALK @ MOUNTAIN BIKING AT SOBRIETY EVENT AT YOUTH CAMP

11TH-17TH DIABETES WEEK- GET OUT AND GET MOVING- WALK ATLEAST 30 MINUTES A DAY

13TH- STEP CLASS @ MULTI: 530PM-630PM

14TH- CO-ED HORSESHOE TOURNEY 530PM-? AGES 16 & UP

16TH- 5K RUN AND 1 MILE WALK/RUN EVENT STARTS AT 630AM @ RODEO CIRCLE

20TH-STEP CLASS @ MULTI: 530PM-630PM

21ST- LADIES OPEN GYM ONLY FROM 500PM TO 700PM

27TH-STEP CLASS @ MULTI: 530PM-630PM

29TH- MOUNTAIN BIKING EVENT (KEEP AN EYE OUT FOR THE FLYER)

June is Migraine and Headache Awareness Month • Tuesday, June 13th
Submitted by: Adeline Crozier | Hualapai Tribal Administration



June is Migraine and Headache Awareness Month

Presentation by Loretta Longley Waynick, HSS Community Health Worker

When: Tuesday June 13, 2023

Time: 11:30 AM to 1 PM

Where: Hualapai Senior Services Center

587 Canyon View Drive

Peach Springs, Arizona 86434

For the first 15 people that show up will receive Educational materials for attending event.

Nya Dala Day 5K Run / Mile Walk • Friday, June 16th
Submitted by: Athena Crozier | Hualapai SDPI

NYADALA

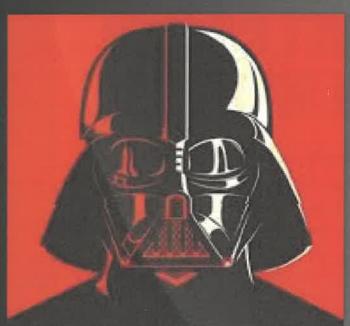
5K RUN / MILE WALK

STARTING @6:30

STARTING @7AM

DOWNTOWN CIRCLE AREA

FRIDAY
JUNE 16



I AM YOUR FATHER

WALK FOR OR WITH THE FATHER

ALAD FIGURE IN YOUR LIFE



FIRST 25 PARTICIPANTS WILL RECEIVE AN INCENTIVE

PLEASE DRESS ACCORDING TO WEATHER AND

Mobile Vet Center in Peach Springs • Friday, June 16th
Submitted by: Adeline Crozier | Hualapai Tribal Administration



6/16/2023 MOBILE VET CENTER IN PEACH SPRINGS!

MVC at IHS in Peach Springs, from 10 am to 2 pm.

Come stop by the IHS in Peach Springs, as the Mobile Vet Center (MVC) will be parked! Vet Center staff, along with the VA Prescott NAVAHCS Rural Health Coordinator, will be in attendance to assist with veterans.



Come by for Vet Center services and info!

Special Guest, Joshua Wear- Rural Health Coordinator

> Come join the comradery!

Free counseling services for veterans!

Referrals for claims and other VA-related questions.

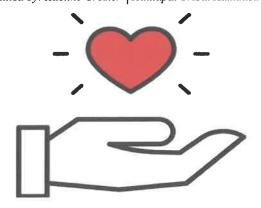
ARMONDO ESCALANTI

Readjustment Counselor

Armondo.escalanti@va.gov

VA cell: (928) 237-8436

Healthcare Coverage Understanding 5 Wishes • Wednesday, June 21st
Submitted by: Adeline Crozier | Hualapai Tribal Administration



QUESTIONS ABOUT HEALTH INSURANCE AND 5 WISHES?

HEALTHCARE COVERAGE UNDERSTANDING 5 WISHES

with Rochelle Kennedy and special guests

TUESDAY, JUNE 6, 2023

AND
WEDNESDAY, JUNE 21, 2023

11 AM - 1 PM

HUALAPAI SENIOR CENTER
587 CANYON VIEW DRIVE
PEACH SPRINGS, ARIZONA 86434

Coffee Night at the Healing House • Every Tuesday Submitted by: David Dawley | Hualapai Health, Education & Wellness

HEALTH EDUCATION AND WELLNESS PEER SUPPORT PRESENTS

COFFEE NIGHT AT THE HEALING HOUSE!

EVERY TUESDAY NIGHT FROM 5:30 – 7:30 PM STARTING MAY 16TH



COME IN TO UNWIND AND RELAX OR JUST ENJOY
A COUPLE HOURS OF "ME" TIME!



THIS IS A DRUG AND ALCOHOL FREE EVENT

Parker Indian Health Center Dental • June Closure

Submitted by: Chris Cruye | Colorado River Service Unit - Parker Indian Health Service

PARKER INDIAN HEALTH CENTER

Attention: DENTAL CLINIC **CLOSURE NOTICE**



The PIHC dental department is temporarily closed for remodeling for the month of June.

For dental services or a dental emergency, please call the dental office at 928-669-3154 or the mainline 928-669-2137 and press option 2.

We sincerely apologize for any inconvenience this may cause.

6/02/23

The Noon 1 Mile Walk • Tuesdays & Thursdays Submitted by: Athena Crozier | Hualapai SDPI

Tuesday's

June 6

June 13 June 20

June 27

THE NOON 1 M

Walk will start from Multi Purpose building down Hualapai Drive to Hualapai Wav and up Diamond Creek back to Multi

Thursday's June 8

June 15 June 22 June 29



Every level of ability encouraged to join. This is a walk to help set personal goals and give each other encouragement while being consistent throughout the weeks. Lets get our walking in.

For more information contact Cotton at SDPI 769-1630

211 Card

Submitted by: David Dawley

2.1.1

ARIZONA

CALL 211

Press 7 if you've been impacted by the closure of a residential facility or sober living home

If you need immediate mental health asistance, CALL 988

If you feel unsafe or need emergency services, CALL 911

To learn more, scan QR code below



Hualapai Health, Education & Wellness Notice • Tribal Member Alert Submitted by: David Dawley | Hualapai Health, Education & Wellness

TRIBAL MEMBER ALERT

We know Tribal Members have freedom of choice in choosing their sober living homes and we are in no way trying to infringe on that freedom.

BUT

We do ask you to please contact Health Education and Wellness to assist with that choice as some of these homes are not safe.

Tribal Members locally and Statewide have recently been targeted by behavioral health substance abuse services scams.

Individuals, or "recruiters" associated with some residential facilities have been offering rehabilitation, a place to stay, regular meals and other items if they agree to accompany them to facilities located in metropolitan Phoenix and other areas of the state.

Tribal members have reported falling victim to criminal activities at these "sober living houses", as well as difficulty in returning home after.

PLEASE

If you or a family member are in need of mental health or substance abuse services contact:

Health Education and Wellness at 928-769-2207

And we will help you find a safe facility.

If you have a loved one who is missing and may be at one of these facilities please let us know so we can help track down

If you or a family member has been approached or picked up by one of these "Recruiters" or if you observe suspicious activity in the Hualapai Community, Please contact the Hualapai Nation Police Department at 928-769-2220

COMMUNITY MESSAGES

Inspirational & Encouragement Corner Submitted by: Josie Powsey

Romans 8:5-6 says...

Those who live according to the flesh have their minds set on what the flesh desires: but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace! Amen!

Life is overwhelming and God has not intended for you to allow everything into your life. Day was separated from night for a reason, just as darkness was separated from light. Without boundaries, the universe could not remain in motion. There needs to be boundaries 🚆 in your life, to protect your heart... above all things. Its out of your heart that all else in your life flows, so do not allow anything that is not true, just pure, lovely or worthy of praise to be part of your thoughts or your life. There is no room for what is unholy to be a part of the holiness in you. I AM, in you to fill you with truth, to assure you of the path you are to take and the boundaries you need to make. There will be those who try to take advantage of your kindness, trample on your love and steal your peace from simple pleasure, don't allow it. YOU have a choice Jesus has provided the way, if you will trust in God and not your own understanding, seeking Him in every area of your life. I will be the one to make your path straight. Boundaries keep you on the path, they keep you from moving to the right or left. I am here to help you, to keep you from stumbling! Amen!

Never Goodbye Submitted by: Marcus Querta

Never Goodbye

These are hard times, bad news, rain clouds, in loving memories tattooed, pictures on my walls and memories of y'all work like sunbeams to drive away the gloom. If you ask me God took you too soon, lonely now, missing all of you, was it fate or a mistake? I sit and contemplate, why did you have to fly away to Heaven's gates? I'd give my whole world to have you here for half a day, I hold you in my heart, that warm and special place, and you can never be replaced. God must have needed angels up there in that starry place, to be another guardian against the struggles that we face. I hope your halo isn't heavy and there's a smile on your face, after God has wiped your tears away and with joy they've been replaced.

My heart will be the canvas, your memory painted perfect in my mind, and maybe in my dreams, laughing you will visit me in time. I know its not goodbye forever, one day my time will come, to fly into the mystery above, returning to the place of peace where it had all begun, and there we will laugh, and dance, and sing into eternity, love, peace, family and friends, forever my companions to never leave again.

Not the Same Without Yall

Submitted by: Marcus Querta

Not the same without y'all

Leaving these bars and razor wire fences will feel hella different coming home, now it aint the same, with my brother Nate and my sister
Joyce and Auntie Donna not there. They rest in perfect peace, a headstone now with their names, the world feels a little emptier without
y'alls cheerful company. I'll raise my drink and toast to you in loving
memory, your laughter, smiles, and all those crazy times, even hours
off in Wally World about to lose my mind, ever will be missed, and
echo on my thoughts, and I pray you're held in eternal bliss as you're
off into the great beyond.

Mohave County Fair Association • Native Arts & Crafts Booth

Submitted by: Denise Sine

Gamyu'

We are pleased to announce that we will be working with this year's 2023 Mohave County Fair Association in the positions of Denise Sine, Superintendent and Patsy Boney, Assistant-Aide in the Native American booth, Section 114.

Together we are excited and committed to represent Tribes in providing a display for all local tribes within Mohave County. This is a new endeavor for both of us and we hope to put our best work forward in making this year's section a success.

This year's Mohave County Fair is set for September 14-17, 2023, and we want to encourage the community to start working on your best art pieces, whether it be beadwork, yarn, jewelry, painting, pottery, drawing, sewing traditional attire, etc.

To contact us, please call Patsy @ 928.715.0759



Denise Sine



Patsy Boney

Mohave County Fair Association • Department 114: Native American Arts & Crafts Submitted by: Denise Sine

DEPT 114 - NATIVE AMERICAN ARTS & CRAFTS

Ages 5 and up

Entry Form Due Date: Mail-in due by Friday, August 25th.

Enter online at https://mohave.fairwire.com

Receiving Dates:

Friday, Sept. 8th, 4-8 PM Saturday, Sept. 9th, Noon- 5 PM

NO SUNDAY INTAKES

Judging Date: Monday, Sept. 11th

Release Dates:

Tuesday, Sept. 19th, 4–8 PM Wednesday, Sept. 20th, 4-8 PM

All general rules & regulations for exhibitors, Section 100 Open Exhibits General Rules, and special department rules apply.

SPECIAL RULES

Ages below 18 must provide the specific age on the Entry Form.

- 1.
- All items to be hung MUST BE properly framed, hooked & wired suitable for hanging. 2.
- 3. All items MUST BE Native American Arts & Crafts.
- 4. Non-Native Americans may participate in this department. 5.

JUDGING CRITERIA

Creativity

Degree of Difficulty

Overall Design

BASKETRY/GOURDS

Division

- 1 Child Age 5-11
- 2 Junior Age 12-17
- 3 Adult Age 18 & up
- 4 Professional

Class

- 1. Basket-Coiled
- 2. Basket- Mixed Media
- 3. Basket- Natural Materials
- 4. Basket-Other
- 5. Gourd-Birdhouse
- 6. Gourd-Carved/Chiseled
- 7. Gourd-Jewelry
- 8. Gourd- Masks
- 9. Gourd-Mixed Media
- 10. Gourd-Painted
- 11. Gourd- Wood Burning
- 2. Gourd-Other

, BEADWORK

Division

- 5 Child Age 5-11
- 6 Junior Age 12-17
- 7 Adult Age 18 & up
- 8 Professional

Class

- 1. **Applique**
- 2. Bolo
- 3. Bracelet
- 4. **Earrings**
- Handmade Glass Beads 5.
- 6. **Hand Strung**
- 7. Hat Band
- 8. **Key Chain**
- 9. Lamp Work
- 10. Lanyards/Badge Holders
- 11. Loom Work
- 12. Mixed Media
- 13. Necklace
- 14. Ornament
- 15. **Peyote Stitch**
- 16. Watch Band
- 17. Other Than Classified



Superintendent - Marcie Craynon

Workmanship

DRAWING

Division

- 9 Child Age 5-11
- 10 Junior Age 12-17
- 11- Adult Age 18 & up
- 12 Professional

Class

- Chalk/Pastel 1.
- Charcoal 2.
- **Colored Pencils** 3.
- 4. Markers
- Monochromatic 5.
- Other Than Classified 6.

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KWLP 1009.FM "The Peach" • May Volunteer of the Month: Duane Clarke AKA Chris Kelly
Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach

WE LOUNTEERS



Proudly Announces and Congratulates

May 2023 Volunteers of the Month:

Duane Clarke







None other than yours truly, Chris Kelly on the Radio! During the last couple of monthes. Duane has put together some great specials for his Friday noon show. Native Star Nation, including interviewing Native Artist. Shwan Michael Perry and local artist Kokopelli! We hoped you enjoyed it as much as we did! These shows definitely deserve some Kelly Clappers! If you missed them: you may be able to catch them via his podeast: Movin Memories: Search soundcloud for Chris Kelly The Nighthawk or regularly! Duane will receive incentives valued at over \$100.00 for being Volunteers of the Month and be eligible to be Volunteer of the Year!

If you decke to rown the Peach volunteers: Call 769-1110 KWLP Volunteers showsored in part this month by





The Dollar Outlet of Kingman











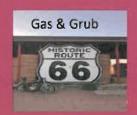
KWLP 1009.FM "The Peach" • Thank You to our May Advertisers

Submitted by: Terri Hutchens | KWLP 100.9FM - The Peach

KWLP wants to send out a big HANK 'YU to these local businesses for their support of The Peach during May 2023!

These local businesses supported KWLP and the community listeners by sponsoring shows, purchasing ads, providing gift cards and making other donations for KWLP's LISTEN TO WIN giveaways and volunteer participation incentives!







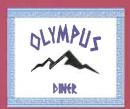


DOLLAR
OUTLET OF
KINGMAN















- Some of these businesses are giving discounts to customers who mention hearing their ad on KWLP!
- Stop by these businesses and get the benefits when you can and please thank them for supporting your live and local station!
- Be sure to listen to 100.9 fm for details about these promotions!



kwlpradio.com



Hualapai Recreation Department 930 Rodeo Way - P.O. Box 179 Peach Springs, Arizona, 86434 (928)769-2652

Hualapai Recreation Department • June & July Calendars Submitted by: Adeline Crozier | Hualapai Tribal Administration



)	Saturday	Summer Sizzler Boys & Girls High School Basketball Tournament	10	17	24		Volleyball,	
	Friday	2 SHAZAM 2 MOVIE DAY 2PM	9 Open Gym	16 Gym Closed Graduate Dinner Education Program	23 Open Gym	30 Open Gym	Youth Activities/Basketball, Baseball-Softball Skills Camps Apache Dodgeball, Trample the Beaver, Com Hole, Chair-Volleyball Flag Football, Stick Game, Many other PAK Activity Games	
	Thursday	Youth Activities 12PM Chair-Volleyball HS Boys Practice 6-8PM	Skills Camp 12PM Chair-Volleyball HS Boys Practice 6-8PM	Skitte Cemp @ Park Sem-11am NABI Practice 6-8PM Education Program	22 Youth Activities 12PM Chair-Volleyball NABI Practice 6-8PM	29 Youth Activities 12PM Chair-Volleyball NABI Practice 6-8PM	vities/Basketball, Basel ogeball, Trample the Ball, Stick Game, Many o	
	Wednesday	31	Skills Camp 12PM Reg-Volleyball HS Boys Practice 6-8PM	Skills Camp @ Park Sem-11 am NAB! Boys TryOuts 6-8PM Fleischer Scholars Program	21 Youth Activities 12PM Reg-Volleyball NABI Practice 6-8PM	28 Youth Activities 12PM Reg-Volleyball NABI Practice & SPPM	Youth Act Apache Do Flag Footb	
	Tuesday	30	Skills Cemp 12PM Chair-Volleyball HS Boys Practice 6-8PM	13 Skills Cemp @ Park Sam-11sm NABI Boys TryOuts 6-8PM Fleischer Scholers Program	Youth Activities 12PM Chair-Volleyball 4-5 Yr League 5:30 PM 8-8 yr League 6:30PM	27 Youth Activities 12PM Chair-Volleyball NABI Practice 6-8PM	Time & Ages: 10am-12: 5-9 yr old 1pm-3: 10-14 yr old 3pm-5: 15 & older	
	Monday	29	Youth Activities 45 Yr League 6:30 PM 6-8 yr League 6:30PM	12 Youth Activities 4-5 Yr League 5:30 PM 6-8 yr League 5:30 PM	19 Gym Closed HOLIDAY	Youth Activities 4-5 Yr Tournament 6:30 PM 8-8 yr Tournament 6:30 PM	က	
	Sunday	28	4 Tentative Start Volleyball League 1pm-3pm	11 Volleyball League 1pm-3pm	18 Volleyball League 1pm-3pm	25 Volleyball League 1pm-3pm	2	

July 2023

Hualapai Recreation Department

930 Rodeo Way - P.O. Box 179 Peach Springs, Arizona, 86434 (928)769-2652



	GAMI						
	Saturday	_	œ	1 5	22	HARD WOOD CLASSIC MENS & WOMENS BASKETBALL TOURNAMENT	s Volleyball,
	Friday	30	7 Open Gym	14 Open Gym	21	28 Open Gym	al-Softball Skills Camp aver, Com Hole, Chair- her PAK Activity Games
	Thursday	29	Skills Camp 12PM Chair-Volleyball NAB! Practice 6-8PM	13 Skills Cemp 12PM Chair-Volleyball NAB! Practice 6-8PM	20 AMENT	Skills Camp 12PM Chair-Volleyball NABI Practice 6-8PM	Youth Activities/Basketball, Baseball-Softball Skills Camps Apache Dodgeball, Trample the Beaver, Com Hole, Chair-Volleyball Flag Football, Stick Game, Many other PAK Activity Games
	Wednesday	28	State Cemp 12PM Reg-Volleyball NAB! Practice 6-8PM	12 Stilk Cemp 12PM Reg-Volleyball NABI Practice 6-8PM	19 NABI TOURNAMENT	26 Skills Cemp 12PM Reg-Volleyball NASI Practice 6-8PM	Youth Activ Apache Do Flag Footba
	Tuesday	27	4 Skills Camp 12PM Chair-Volleybell NAB! Practice 6-8PM	11 Stills Camp 12PM Chair-Volleybell NABI Practice 6-8PM	18	25 Skills Camp 12PM Chair-Volleyball NABI Practice 6-8PM	Time & Ages: 10am-12: 5-9 yr old 1pm-3: 10-14 yr old 3pm-5: 15 & older
	Monday	26	Skills Camp	Youth Activities	17	24 Skills Camp	Youth Activities
Ď	Sunday	25	2 Volleyball League Tournament 1pm-3pm	5 1	9	23	30

The Grieving Process • Information

Submitted by: Marcus Querta

The Grieving Process



Grief: The natural emotional response resulting from a significant loss—especially the death of a loved one.

Everyone deals with grief differently. People cry, laugh, busy themselves with work, throw up, or even feel numb. Some recover quickly, while others take their time. Grief is a natural healing process, and there's no "right" way to do it.

For some people, grief can become too painful. It can grow into something totally different, like depression or anxiety. Other times, grief might last far too long, and take over a person's life for years on end. This is called **complicated grief**.



"Normal" grief varies greatly between cultures, people, and situations.



Grief is a natural process, and does not always require treatment.



About 10% of people develop complicated grief after a loss.



Complicated grief can be treated with psychotherapy.

Acute Grief

Immediately after a loss, and for months afterwards, it's normal to have intense symptoms of shock, distress, sadness, poor appetite, sleep trouble, and poor concentration. These symptoms will slowly diminish with the passage of time.

Complicated Grief

Sometimes, the symptoms of acute grief never seem to go away. They can last for years. The loss of a loved one continues to feel unreal and unmanageable. You might constantly yearn for the deceased, or experience guilt about the idea of "moving on" and accepting the loss.

Integrated Grief

After resolving the most intense symptoms of acute or complicated grief, you will enter the lifelong stage of integrated grief. At this point, you have come to accept the reality of the loss, and you've resumed daily life activities. This doesn't mean that you miss your loved one any less, or that you don't feel pain at their memory—you've just learned how to cope. Acute grief may show itself again, especially around holidays, anniversaries, and other reminders.

Tasks of Mourning

After a death, survivors are left to face the pain of grief, and a new world without their loved one. **Mourning** is the process of adapting to loss through the completion of four tasks.

Keep in mind that adapting doesn't mean forgetting—it means finding a way to cherish the memories of a loved one, while continuing to move forward in life. It means adjusting to a world without the deceased, while holding a place for them in your heart.

Task 1: Accept the reality of the loss.

After a death, it's common that the reality of the situation is minimized or denied. To complete this task, the reality of the loss must be fully accepted, both intellectually and emotionally.

Task 2: Process the pain of grief.

Grief involves painful emotions such as sadness, anger, and guilt. It can be tempting to avoid these feelings, burying them rather than facing them. However, working through grief means confronting, naming, and making sense of these emotions.

Task 3: Adjust to a world without the deceased.

The death of a loved one will usually bring about a number of life changes. These can range from minor changes in daily routines, to the adoption of an entirely new worldview. The third task is about navigating these changes and adjusting to the world without the loved one.

Internal adjustments are changes to one's identity. Survivors may have to answer the question, "Who am I now?" They may also experience changes to self-esteem.

External adjustments include taking on new roles and developing new skills. Survivors may have to take on the tasks that were handled by their loved one, such as cooking and childcare.

Spiritual adjustments are changes to beliefs, values, and assumptions about the world. For example, a belief that "the world is fair" might change after a loss. The survivor may choose to reaffirm, modify, or replace their previous worldview.

Task 4: Find a way to remember the deceased while moving forward in life.

Moving on doesn't mean forgetting. It means finding a place for the deceased in one's thoughts—a place that is important but still leaves room for others. Completing this task means finding a healthy balance between cherishing their memory and moving forward in life.

My Stages of Grief

Instructions: Describe how each of the stages of grief has affected you.

Denial: "This can't be happening."

Anger: "Why is this happening to me?"

Bargaining: "I will do anything to change this."

© 2013 Therapist Aid LLC

Depression: "What's the point of going on after this loss?"

Acceptance: "I know what happened, and I can't change it. Now I need to cope."

Processing Grief Through Writing Letters

Losing a person and grief is often the toughest thing one can go through in life. Things get left unsaid, emotions not shared, and no closure gained. We often think of grief when referring to losing someone due to death, but we can lose a person to distance, break-ups, and falling out of touch. When we feel grief over losing a person there are often many things we wish we could say or express but may not have the opportunity to do so through talking to the person. Writing a letter can help you process your grief through releasing some of your feelings and expressing emotions that may be lingering in your mind and preventing you from letting the person go.

Goodbye Letter:

Step 1: Taking Your Time

The first step in writing the Goodbye Letter is to not rush it. If it has only been a short time after you lost someone, give yourself the time you personally need to move through the stages of grief. The grieving process is not something that can be rushed through. Attempting to do so often leaves people with unresolved feelings. This letter writing process should be done at a pace that feels right to you. For some it will be fast and furious, and for others slow and come in fits or small starts. If you begin writing the letter and start feeling uncomfortable, then you may not be ready to write yet. If you find yourself getting frustrated with the process, it is okay. Grieving takes different amounts of time for people so the amount of time you take to grieve may be different than others around you. When you feel ready to do so, then approach the task of writing a Goodbye letter. Keep in mind, you may need to write several letters as your needs change with time.

Step 2: Writing the Letter

The next step is writing the actual letter. You may write as much or as little as you want. If you start feeling uncomfortable after writing a line or two then it is okay to stop. The process takes time, so select a day to write when you feel more comfortable. Write everything you wish you could express to that person...all the things you've been holding onto. Keep writing until you have gotten everything off your mind. For some people this process may take a couple weeks and for others it may take months. I may span three pages or twenty. Many people need to write the letter and put it aside, returning to it several days later to edit their thoughts. This letter is specifically for you. It is not a letter to send; rather, it is a letter you will eventually read out loud in Step 3.

If you are having difficulty starting, some lines that may help include:

- ≈ My best memory of you is...
- ≈ Now that you are gone, I feel...
- ≈ I'm happy to say goodbye to...
- ≈ I really wish...
- ≈ I miss ____ the most because...
- ≈ I wish I could have told you...
- ≈ You meant _____ to me....
- ≈ I'm so angry that you...

- ≈ I never wanted...
- ≈ After ____ I felt...
- ≈ Sometimes I think about...
- ≈ How could you...
- ≈ What I learned from you is...
- ⇒ When I think about ____ I feel...
- ≈ I hope.....

Step 3: Reading the Letter Aloud

The third step is to read the letter out loud. Make yourself comfortable and imagine the person to whom you are writing the letter is in front of you. Read the letter directly to them, with all the energy and emotion that you can. Continue to hold their image in our mind as you express everything in the letter. You may find you wish to add things as your read, even if you previously felt the letter was finished. Feel free to do so. Once you've expressed everything you want, or find yourself tired out, wish the person a final goodbye. Destroy the letter. As you destroy the letter, imagine all the emotions you have been feeling are being released, and your words are carried to the person.

Goodbye Letter

To:	
l will always remember	
	From:

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Grief Sentence Completion Task

Complete the sentences below as honestly as possible. Consider your feelings in the moment about these statements before writing them down. Feel free to take a moment to reflect if you are unsure.

l feel

I am sad when

Things that have changed since the loss are

The thing that I miss most about this person is

If I could talk to the person I lost one more time, I would say

One memory that I hold dear is

A lesson that I learned from the person I lost is

Gabriella Lancia, PhD

My Grief Plan

If you are struggling with coping strategies to help you overcome grief, this strategy can help you document things that help you deal with your emotions.

1. When I feel sad, I can do the following things to cope:

2. These are some people that I can talk to that help me feel better:

PositivePsychology

3. I plan to take care of myself by:

4. Some positive thoughts I can think to help me feel better are:

Gabriella Lancia, PhD

TELEPHONE DIRECTORY					
TRIBAL DEPTS	Phone #'s	Fax #	GCRC	Phone	Fax
EMERGENCIES (24 HR)			Administration	769-2419	769-2450
Medical/Fire Emergencies	911 / 769-2205		Human Resources	769-2640	769-2410
Non-Medical/Fire Emergency	769-2656/2810		GCW	769-2627/2419	
Tribal Police	769-2220		Lodge	769-2230	769-2372
Animal Control	769-2220		Diamond Creek Rest.	769-2800	
			Call Center/Tourism	888-868-9378	
Emerg. Ops. Center/Food Bank	769-0003/0002		Walapai Market	769-1500	
Administration	769-2216	769-2343	River Running	769-2210	769-2637
AZ Extension Office	928-916-4245				
Adult Detention	760-2345/2490	769-2459			
Cultural Resources 769-2223	769-0003/002 (6/2)*				
Day Care Center	769-1515	769-1516	BIA SERVICES		
Elderly Center	769-2375/6252	769-2557	Dispatch (24 hrs)	769-2220	
Elderly Group Home	769-1100/1104		Truxton Canon Agency	769-2286	
Enrollment Office	769-2216	769-1068			
Facility Maintenance	769-2807				
Finance	769-2216	769-2343	SCHOOLS		
Forestry	769-2312	769-2352	Peach Springs Unified	769-2202	769-1046
Game & Fish	769-6050/6043*		Music Mtn. Jr/Sr HS	928 455-5003	
Head Start	769-2522	769-2457	Valentine Elementary	769-2310	769-2389
Health & Wellness	769-2207/6061	769-5487	Seligman Unified	928-216-4123	
HEW Non-emergency transport	769-4188/2207		Kingman High	928-692-6480	
HEW-Behavioral Health	769-2207		Lee Williams	928-718-6006	
Housing	769-2274	769-2703			
Human Resources	769-2216	769-1027			
Human Services	769-2397/2269	769-2659			
Information Technology (IT)	928-220-7666		LOCAL SERVICES		
Judicial (Court)	769-2338		Boys & Girls Club	769-1801	
Juvenile Detention	769-1611	769-1655	Post Office	769-2300	
KWLP Radio & text line	769-1110 & 1090		Indian Energy	769-2610	
Multi-Purpose Bldg.	769-2535		Lime Plant	769-2271	
Natural Resources	769-2254	769-2309		422-3223	
Planning Office	769-1310/1312	-	Gas N Grub	769-1880	
Police Dept. (Administration)	769-1024		Truxton Gas Station	769-2436	
Probation Office	769-6002*	769-1384		1	
Prosecutor's Office	769-2341/2395/2304		CLINIC/HOSPITALS		
Public Defender's Office	769-1063		IHS Clinic	769-2900	
Public Works (Administration)	769-2216	769-2343		928757-2101	
SDPI-Fitness Center	769-2644		Flagstaff	928-779-3366	
SDPI-Office	769-1630	769-1632			
Solid Waste	769-2625/2583	1000	OTHER		
Recreation (Gym)	769-2652	769-2650	Havasupai Tribe	928-433-8132	
Roads	769-1311		Frontier Communicatons	800-921-8101	
TERO	769-2216	769-2343	Mohave Electric	800-685-4251	
Training/Education Center	769-2200		Motor Vehicle Div	928-681-6300	
Transit (Bus Services)	769-6384/6090/2216			100 4000	
Wellness Court	769-6070*				
Youth Camp (seasonal)	769-2216	769-2343	*Temporary use		
Youth Council (relocated)	769-2207, Ext. 243*	.07 20 20	REVISED 06/02/23		